

A MEDI-CAL MANAGED CARE HEALTH PLAN MAY BE RIGHT FOR YOU



Medi-Cal Managed Care Health Plans offer

- Help coordinating your care.
- Help finding primary care doctors and specialists.
- Help finding a pharmacy.
- Ongoing referrals to specialists.
- Telephone advice nurses.
- Customer service centers.
- Support groups.
- Health education programs to:
 - Quit smoking.
 - Prevent and deal with drug and alcohol problems.
 - Manage chronic pain.
 - Eat well and exercise safely.

For more information about the Medi-Cal Managed Care Health Plans in your county, call Health Care Options: 1-800-430-4263

Health Care Options can answer your questions and help you enroll in a Medi-Cal Managed Care Health Plan.

If you are in Medi-Cal Managed Care, you must see doctors in the Health Plan. Ask your doctors if they are part of a Medi-Cal Managed Care Health Plan.

Talk to your doctors about Regular Medi-Cal and Medi-Cal Managed Care to decide which Medi-Cal option is best for you.

You can stay in Regular Medi-Cal or change to Medi-Cal Managed Care. And you can change back to Regular Medi-Cal by calling Health Care Options at anytime.

Representatives are available between the hours of:

8:00 am - 5:00 pm, Monday - Friday

English		1-800-430-4263
Arabic	اللغة العربية	1-800-576-6881
Armenian	Հայերեն	1-800-840-5032
Cambodian	ភាសាខ្មែរ	1-800-430-5005
Cantonese	粵語	1-800-430-6006
Farsi	فارسی	1-800-840-5034
Hmong	Hmoob	1-800-430-2022
Korean	한국어	1-800-576-6883
Mandarin	國語	1-800-576-6885
Russian	Русский	1-800-430-7007
Spanish	Español	1-800-430-3003
Tagalog	Tagalog	1-800-576-6890
Vietnamese	Tiếng Việt	1-800-430-8008
Other Languages		1-800-430-4263

For TDD users, call: **1-800-430-7077**

A guidebook with more information is available online at:

<http://dhcs.ca.gov/MediCalChoices>



Department of Health Care Services; To preserve and improve the health status of all Californians.

Do you have one of these conditions?

- ▶ **AIDS**
- ▶ **Cancer**
- ▶ **Congestive Heart Failure**
- ▶ **Diabetes**
- ▶ **Emphysema/COPD**
- ▶ **Heart Disease**
- ▶ **High Blood Pressure**
- ▶ **Renal Disease**